The best thing about the First Chapter that I have found is that it states that one is Free to do Meditations as however you freely will be it while Dancing, Sleeping, or for Relieving Stress. It also seems to caution that Meditation is something that can create Stress as it can bring back Harmful Emotions if it is not done Peacefully.

On Page #6, she says of Solitary Meditation:

"While I am glad to share what I have learned in the last decade or so, solitary meditation is just that - working alone means holding sole responsibility for your wellbeing."

And then she cautions that Meditation is not a Self-Indulgent Toy to be dabbled with thoughtlessly. Handled carelessly, it can bring problems as can anything else can.

But she does say that when you Meditate, you always have the option of opening your eyes, pulling back from the experience and drawing breath and whatever you imagine, or see, is yours to enjoy. And you have to make sure that you are always comfortable in your Meditations. It should be enjoyed and not painful. That reminded me of a Buddhist Monk Ajahn Tiradhommo that comes to Vancouver once a year who comes to visit family. When I went to his last seminar, he stated that due to having to always Meditate in a certain position for hours that was uncomfortable has caused him to now have Bad Knees and now can not crouch down anymore. So that is what can happen to you if you don't make sure you are Comfortable while Meditating.

She then goes into the subject of When To Meditate and she explains that the When and How Long you Meditate does not really matter. What does matter is the Quality of the Meditation that counts the most. She also states that there is nothing better than doing Meditation with a Group of People as she states on Page #10:

"Shared meditation is a lovely evening activity".

In the Introduction, it states that when the Author came to Druidry that there was not much published on the subject and that her first experiences with Druidry was learning it from others and doing it in any way she wanted. She relates that she was simply given the Tools to of Druidism and she made whatever of it that made her Comfortable. But I liked her quote from the first page:

"On occasion, people tried to tell me what to do and I found myself irritated by them. I learned that I did not want to be told exactly how to go about being a Druid after all".

All I can say to that is: "You And Me Both My Sister".

She goes on to state that Druidry isn't really a thing one person can teach to another because it is something that should be unique to each of us which is something that I appreciate.

She then concludes the Introduction saying that this is another Book that won't Teach you how to be a Druid, but will provide some of the Tools that will help you make yourself the type of Druid that you wish to be.

Chapter One is called "What Is Meditation?" and states that the main thing about Meditation is that it is a Calming of the Mind so that one can open the Mind to being a lot more Free Flowing Creativity, Enabling Us to Find Solutions and Inspirations. She does state that Meditation is good for Relieving Stress and Anxiety and helps to each Tensions from the Body and in this Book, she relates various Techniques for doing so and that it helps to develop Mental Disciplines that enables one to have better Self Control and Finding Calm.

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"Shared meditation is a lovely evening activity".

Then she goes into the subject of what sort of Kit one needs in order to Meditate and she basically states that one usually needs three things and that is Soothing Music, Incense, and Mood Lighting. But on Page #12, she states:

"It is also worth noting that music, incense and mood lighting belong entirely to the realm of stationary indoors meditation".

I do not agree with this. I have Meditated Outdoors and enjoy the smell of Incense, the Music of the Birds Singing and Sunlight Setting the Mood.

Here is my Review of Chapter Two of Druidry And Meditation.

The Chapter is called "Meditation For The Body" and one of the first things she points out that most of us tend to not get much Physical Exercise and that we take Medicines that suppress our Symptoms and we use Perfumes to mask our Natural Scents. She says that we are all in essence Animals and that we are all Mammals that are Fleshy, Messy and Vitally Alive as every other Mammal out there and yet we deny this part of ourselves and we learn Un-natural Behaviors to tuen it out in order to conform to Social Pressures and it is such Social Pressures that I refer to when I mention Peer Pressure in my 2010 Lughnasad 3X3 Triad Poem on Correct Meditation Practices.

First she goes into the subject of Meditating on the Breath, which is the most common method of Meditation and she says that Meditating to the Breath is best for having a Calming Effect on the Body. When we Panic or go into the Fight/Flight Responces, Accelerated Heart Beat and Breathing are very much parts of the process and that taking Conscious Control of your Breathing and Slowing it down will reduce the effects of Panic and Stress. And she points out that the best thing about Breath Meditation is that it is very Discreet and can been done anywhere without attracting any Unecessary Attention. She actually points out that when one is Perfectly Relaxed in Breath Meditation that ones Bodily Functions can operate more efficiently such a Natural Flatulence is allowed to happen.

Then she goes into various Breath Exercises and states that when one Inhales, one takes into oneself the qualities of Calmness, Energy, or Patience. When one Exhales, one can Breath Out Unhealthy Tensions of Life. She gives an example on Page #20 that you could be Breathing In the Rich Greens of the Woodland around you and Exhaling Out the Grey Smoke of your Workplace.

Then there is a Section on Exercises for Relieving Tensions, Opening Joints and Self Awareness. I found them all to be somewhat similar as they all involved Visualization Exercises that were similar to Meditations on Energy Centers of the Sacred Chakras.

Then she goes into Mediatiions on the Elemental Exercises and her Definitions on the Sacred Elements are very similar to mine in that Earth is dedicated to the North, Air is dedicated to the East, Fire is dedicated to the South, and Water is dedicated to the West. She then goes into very good concise descriptions of the Sacred Elements and their Good and Negative Effects on us.

Then she goes into Active Meditations and she states on Page #33 that there are No Fixed Ways of doing your Active Meditations. Anything can be turned into a Physical Meditation including Housework. She then goes into describing Walking and Running Meditations and then gives a disclaimer on Page #37 that when doing an Outdoor Meditation or Walking or Running that one should keep themselves Prepared if one is going off to the Wilderness to do that sort of Meditation and to Equipt themselves appropriately and to make sure that others know they have gone off to do their Outdoors Meditation so that if they get Lost in the Wilderness that some Search and Rescue Agencies can be summoned to come out and Rescue them.

Then she goes into the subject of Dancing Meditation, which is something no other Book on Meditation goes into and points out what while you can Meditatively Dance with a Partner at a Dance, one can do spontaneous Dancing anywhere they choose with Music in your Head or Hummed or Whistled.

Then she goes into Drumming Meditation and states that is one that is best Shared with others and that it is one of the earliest ways that Humanity started creating Music in Neolithic Times and it can be done with Hands, Sticks, Rocks, on your Body as well as a Regular Drums.

Then she goes into Chanting Meditations and mentions that the most common Chant Meditation for Druids is Chanting the Awens but I have also done some Chanting Meditations using the Charm of Making from the Movie Excalibur.

Then she goes into Repetitvie Movement is things like Bicycling, Swimming, Rowing Trampolining, or Skipping, but cautions that one has to be Mindful while doing such Meditations giving a Caution that if one does not do these Meditations Mindfully, then one can end up in a Accident.

So I found this Chapter very informative, especially on the subject of the Sacred Element, Dancing Meditations and Chantings.

Here is my Review of Chapter Three of Druidry & Meditation.

It is called 'Meditation for the Heart and Mind' and the first thing she says is the our Minds as well as our Bodies need Exercise as we tend to spend our Time on Banal Tasks and Passive Leisure Pursuits and we allow out Minds to Atrophy and then goes into how when our Emtions and Reasoning Work in Harmony, we all gain Greater Self-Awareness and Control. We then Improve our Capacity for Empathy and Compassion and thus Leading Richer Lives.

But then she mentions on Page #46 that one only gets One Life to Live. That only goes if one does not Believe in Reincarnation and that is something I am definitely in Belief of, so I do not Believe that this is the only Life we get.

She then goes into becoming Aware of our Moods and that section basically makes statements the Denounce our Societies Dogmatic Ethics and how we live in a Society that is a Production Line of Cultural Dictations and actually points out that Discomfort is the Price we Pay for Knowledge, which reminds me of that being the Forbidden Fruit that Humanity took whilst we were in the Legendary Garden of Eden.

Then she lists of some Exercises in how to become More Aware and they look like some Basic Meditation Techniques which includes Meditation with the Breath and points out that such Exercises is neither to Massage or Beat your Ego, but simply to Learn who you are and who you might be.

Then she goes into the Subject of Working With Emotions and points out Emotions is where Creativity comes from and that in Druidry, one has to Comtemplate the Emotions of others as well as yourself and that Empathy is a Necessary Capacity for all aspects of Druidic Work and that our Basic Personal Emotions should not become a Benchmark for what is Normal either.

She then writes of a couple of Excercises for Working with Emotions and how to deal with your Darker Emotions and how to Consider the Emotions of others.

Then she writes about Meditation for Intellectual Stimulation and how Reason is what allows us to Deduce Thing when we don't have all the Facts in regards to a certain Issue. I actually thought that when one is Deducing Things when one doesn't have all the Facts, then one is actually using ones Intuition, so I think in this section of the Book, the Word 'Reason' should be taken out and the Word 'Intuition' put in as that is the Word that better fits the concept that Nimue is trying to describe.

She then goes into a Criticism about how Science has been used to create Fear and advance Political Agendas and how we all should Live without being bombarded with such Propoganda and how Meditation is used to Question and Explore such things and states that Taking such things for Granted without much Thought does not make us Self-Aware or Responsible Beings.

She then write Three Inspiration Exercises and those are Visualization Exercises on making pieces of Art within your Mind and then she goes into Sacred Inspirations and how Inspirational Meditation gives Service to Spirit, the Lands and the Gods.

Then she goes into Deep Contemplation of Objects and how things have Spiritual Energies attached to it and how Certain Things have Sentimental Value to us and how things that are Mass Produced and thus do not have much Character to it does eventually gain Spiritual Energies through their Uses, Associations, and Affections.

Then she goes into a Lengthy Description on how to do Path Workings and it is revealed on Page #72 that Pathworkings are basically how one Meditates when Writing a Fictional Short Story and that reminded me of how I am working on an ongoing Trilogy Story about a Japanese Warrior Merchant Marine and his Adventures.

I found that this Chapter mainly points out how Meditation allows ones Mind to let go of the Dogmas of Modern Society and how to create ones own Paths in Life.

Here is my Review on Chapter 4 of the Book 'Druidry & Meditation' and since Chapter 4 is a Long Chapter, I have cut it half and doing the Review in 2 Parts. Part One covers Pages 79 to 109.

The Chapter is called Meditation For Spiritual Purposes and on Page #79, Nimue wrote something that I really liked about Spiritual Meditations and it goes:

"Take what makes sense to you, discard anything that feels counter intuitive, and re-write wherever you find it necessary".

So I take it from that it is with Spiritual Meditations that you can remould your Spiritual Meditations to be whatever you like and if there are other Texts that you feel need changing, then you can go ahead and do so.

Also, the above passage reminds me of how I have gone around re-writing various parts of the Bible such as Genesis 1, ver 26 to 31 and the 5th Commandment.

The first part of the Chapter is called 'Connecting With The Land' and states that Druidry begins with the Land and recognizes it as being Sacred Nature Magic. Here a Passage that I found on Page #80 that I rather liked:

"If the spirit of the land sound to you like it belongs in Tolkien, or perhaps the remote Highlands of Scotland and the environs of Stonehenge, then pause for a moment. All land is sacred. It's not just

ancient sites and remote 'other' places that are part of the land. Everywhere counts. No matter where we are, there is land beneath us somewhere. It may have a lot of concrete and tarmac on it, but it is not less present for that. Recognizing that here, where we are , is sacred and can be related to as such is the critical point from which all else follows."

I can not Agree More with that!

Then Nimue goes into how to Connect with Other Living Things and in that section, she states something that reminds of how I re-wrote Genesis 1, ver 26 to 31 as she states:

"We humans tend towards a very human-centric view of the world, prioritizing 'us' and anything that looks like us."

That Passage the logic for why I don't like it when People go on and on about the World Ending as though without Humanity, the Earth might do something like break in half and fly into the Sun. We tend to Prioritize everything as though all is there for us and without us, all would End.

In reality, it does not matter what happens to Humanity or our Organized Civilizations, the Earth will continue to spin round and round going around the Sun until the time comes that the Sun Explodes millions or years from now.

The next part is called 'Connecting With Plants' and how to Meditate in the presence of Plants and connect with the fact that they are just as much Alive and any one of us. But on Page #87, Nimue writes:

"Urban trees are often brutalized in convenient shapes, but where they are allowed to keep there natural form, can be just as lovely as their wild counterparts".

In my work, we trim Hedges into 'Convenient Shapes' and it is due to our doing some that a lot of Cider Hedges tend to remain Healthier than their Wild Counterparts as Trimming gets rid of Old Diseased Branches that harbor various Plant Diseases. And the Birds like our Trimmed Hedges without any problem as they build their Nests amongst them.

I also liked her passage saying that the very act of working with Plant Matter - Planting, Tending, Harvesting, Foraging, Woodcutting, Sculpting, Pruning and so forth, can be treated as a Physical Meditation and used to Deepen Relationship with the Plants as that is just what I so happen to do for a living in my Landscaping Work.

Then Nimue goes into Ten various methods of Meditations that help one Connect With Plants.

Then the next part is called 'Connecting With Creatures' and I found it to be a rehash of the part on Connecting with Other Living Things and then goes into Ten Various Exercises on how to Connect With Creatures which are very interesting.

Then the next part is called 'Connecting With Places' and I found this part of also be a rehash of the part on Connecting With The Land saying things that are similar in Nature. But such things are needed to be said as many times as necessary in order to get the point across and this section includes Ten Meditation Exercises for Connecting With Places that are very good and can be used to Connect With The Land as well.

Then came the part called 'Connecting With The Ancestors' and I really liked this part as it explains how one can Meditate to Three Forms of the Ancestors be it to Ancestral Blood, Ancestral Places, or Ancestral Traditions and then chronicles Ten Meditations that help Connect with ones Ancestors. I especially related to the first one which is a Meditation upon ones Immediate Ancestry, which is something I do all the time and includes Meditating on several Conflicts that have occurred within my Family.

Then comes the part about how to Connect With Spirits and how doing those kinds of Meditations help to develop ones abilities to be Empathy, Imagination, and Insight. She describes how Spritis are like people in that they do not necessarily want anything from us, or having anything for us. She states that one should not assume that Spirits you may encounter are Wise, All-Knowing, All-Powerful, or even Right. They are entities with their own perceptions and intentions.

This part then follows with 6 different Meditations that are for Exercising the Spirits which includes one that helps you reach out Meditatively to the Spirits asking for Inspiration.

The one things I really liked about this part of the Chapter is how we are Connected to the Lands, Other Creatures and our Ancestors and now look forward to finish off reading Chapter 4 and writing about the rest of this Chapter.

She goes into Shamanic Meditation and how such Journeying is a process by which the Spirit of the Shaman leaves the Body and Travels, aided by Spirits, into the Spirit Realm to Seek Knowledge and the means to Heal.

I liked how Shamanism as being mentioned as a source of Human Traditions which have come into being through Human Inspiration and Exploration of Nature.

On Shape shifting Meditations, she says that it is difficult to master because there is a great deal of Sensory Information that you need to hold. It takes time to create the Thought in your Head for a different Shape and to be able to Manage Thinking about all the Attendant Differences and Perceptions. She then writes Six Different Shapeshifting Meditation Exercises which are rather good.

On Sacred Grove Meditation, I liked how she mentions that one can be Meditative in your Grove whilst Picking Up Litter or Gardening. That is easily done for anyone who is a Druid.

On Meditations in Personal Ritual, she gives Four Excellent Examples of Personal Rituals that one can do for whatever use and that includes Honouring the Spirits of Place, the Four Elements, to the Spirits of the Ancestors, making Calls for Peace to the Four Directions and Sharing Bread and Mead.

She then goes into that it is important to properly Ground and Settle after a Meditation and that upon returning from a Meditation, it is an Important Part of the Process and you need to allow time for it. The Deeper and More Intense the Meditation, the More Time and Grounding is called for. And she states it is also a part of Meditation for Letting Go of the Pace, Urgency and Achievement Orientated Nature Modern Living tends to foster.

My Favorite part of this part of Chapter Four is all one has to do to be Meditative in ones Grove is to help Pick Up Litter and do Gardening.

Here is my Review of Chapter 5 of Druidry & Meditation and it is called "Meditation For Groups" and one of the first things she says is that that the First Thing she learned is that you do not need to be an Expert to run a Group Meditation. If you have a group of Co-operative Enthusiastic People and someone will to take the Helm, then the process of having a Good Shared Group Meditation is assured. She also points out that when one is a Teacher of a Group, then one is also a Student as if when Leading a Meditation, one is Learning as you Teach and if you are not, then your missing out.

In the part called "Creating And Structuring A Group", she gives some good Advice on how to set up a Group Meditation and and says that from Experience, she recommends that when starting out Creating a New Group of Meditators to keep the size of the Group of at least Four People with a Maximum of Eight or Nine People.

But she does point out several times in this Chapter that when one is a Group Meditation Leader that one is a Volunteer and thus it is Very Important to maintain Control of the Gathering. If People in your Group feel that you Owe them or that they are entitled to your Time and Energy, some of them will start taking you for Granted and start Abusing You and that those who do take you for Granted

should not be invited to Future Group Meditations. Nimue must feel very strongly about this as she mentions this sort of thing in the Chapter several times.

While she points out that Children should be Welcome and Freely Included, she does point out that while it is up to the Parents to maintain control of their Children Behavior, there have been times when she has known Adults to be just as Disruptive as any Child, which is something I can concur with. She also cautions to be prepared for all kind of Emotional Responces to the Meditations which includes Tears and Expressions of Anger. I guess I am not too Experienced with Meditations as all the Meditations I have been to have always been Quiet, Peaceful, and Serene. From what I have Experienced, Meditation Sessions tend to be the Pleasurable Experiences that I have participated in.

Then comes the section of the Chapter called "Where And When To Meditate" and she gives Seven suggestions when concidering such things such as the Frequency of the Meditation Sessions, whether you are going to Hire a Space or going to do the Meditation Outside, and whether or not to Advertise the Event.

In the section "Other Guidelines" she does mention that Intoxicating Substances should not be Permitted, especially Alcohol and I can concur as I have seen what has happened to certain local Festivals or Gatherings when Alcoholic Drunk People start being Disruptive and starting Riots.

In the Section "Creating The Setting", she gives some great Advice on how to set up the Hall and how to use Soothing Music, Incense, Candles, Cushions, Throw Rugs, setting up Altars, bringing in Plants, Flowers, and various other ways to Decorate the Hall.

In the section called "Structuring Group Meditation", she goes into how to Supervise a Meditation Group and points out how to spot someone who might be having trouble with maintaining their Concentration. It seems that even when People are trying to seem Serene and Thoughtful, they will have 'tells' if something is disrupting their Concentration such as Shifts of Breathing and Posture or otherwise having a Hard Time.

I have found that in order to maintain Comfort in Meditation, one has to occasionally shift oneself in order to maintain Comfort, which is something Nimue does point out in previous Chapters. So if someone needs to Shift their Breathing or Posture, then they should be allowed their Freedom of Will.

Then she points out the pleasures of doing Group Meditations in the Outdoors and how relaxing it can be doing so while looking at Clouds, Gazing at Leaves or looking at the Ground.

She has found that Meditation Groups respond best to Natural Settings and that anything that is Man-Made doesn't seem to work out very well.

In the section "Guided Meditations For Groups", she goes into how to do Voice Coachings of Meditations and states that it is best to Practice your Meditation Session Solitarily to that you can get it down what Works and what doesn't and then when you have the Meditation Session Procedures down, then Organize Your Group and start Sharing the Meditation with others. And when you Voice the Meditation, your Speech needs to be Slow and Measured and above all Clear. Don't be Too Loud but make sure that everyone is able to hear you.

One can do Pathworking Meditations with a Group too and Nimue gives some good Advice on how to keep this type of Meditation going smoothly and one has to make sure change the Meditation for to suite others and gives a good example with a Bridge Crossing Scenario.

The Final Part of the Chapter is called Challenges and Problems and it pretty much goes over how to deal with Disruptive People who create Problems at your Meditation Sessions.

For the most part, this Chapter gives some Great Advice on how to run Group Meditations Sessions.

One of the first things that she says is that doing Meditative Rituals are not Contests to see who can be the most Druidistic and that is something that should be avoided. That part resounded with me as

I have been accused many times of trying to be the most Druidistic and that is why I turned to being Meditative in my Druidistic Persuites.

She does point out that everyones Experiences n Ritual is Unique and I concur as I have yet to see anyone do a Ritual exactly the same way twice. That is the one thing that makes being a Celtic Paganistic Druid Interesting as it is never done the same way twice. She then points out that her Book is a Guideline that anyone can use to get started but that one can do their Meditations in whatever way that makes them feels most comfortable. The next few pages is then full of Good Common Sense Advice on how to go about doing Meditations during a Ritual.

In the part called 'Contribution Meditation To Ritual', she goes into how to do Pathworkings and how she describes it reminded me of how I sometimes go to Meditation In Actions Workshops with my Meditation Workshops where we do Meditative Games and Skits as well as Pathworkings.

Then she goes into 'Open Groups And Closed Group Issues' and I have always favoured going to Open Rituals as I have always liked experiencing other people's Spiritual Faiths be they Buddhist, Hindu or other Paganistic Traditions.

In the part called 'The Practicalities, Indoors, Outdoors' section, it does mention that it is sometimes the best thing to do Outdoor Meditations during the Summer as the Weather for doing such Meditations have a better chance of having Good Weather and she also mentions that the Elements should be Celebrated for each Season that is being Celebrated, but she does not mention which Element is best suited for each Season, so I came up with something.

For Celebrating Winter Meditation: Focus on Element of Earth.

For Celebrating Spring Meditation: Focus on Element of Water.

For Celebrating Summer Meditation: Focus on Element of Fire.

For Celebrating Autumn Meditation: Focus on Element of Air.

In the 'Meditations for Open Ritual Groups', she does give a lot of Good Advice on how to do Meditations with Children Participating and how to time Walking Meditations.

In the final part of the Chapter 'Implications Of Meditation For Magical Practice', she lists off several good Triads of Wisdom on how Magical Meditation Practices which includes one that goes: "We can recreate and rediscover ourselves through Ritual, Magic and Meditation" and in the final Paragraph makes a good comment on Page #161:

"Those who talk about our culture, our world , sustainability and solutions are increasingly saying that we can't look for the change to come from outside. All the resources we have to build a better world lie with us, and reside in the land. There is nothing else. To make change, we must first change ourselves."

In the Conclusionary Comment in the end of the Book, she does state that one must not get too involved with Meditation to the point of Harming Others when she says:

"If meditation is taking you away from experience and relationship, then you are doing too much, or doing it in an unprodcutive way".

I concur. One must not become so involved with something too much as that can cause Emotional Damage to yourself as well as others.

In my Conclusionary Statement, I think this Book does give a lot of Good Advice on how to integrate Meditation into ones Druidistic Experiences, especially on how to have Children along, how to deal with Disruptive Meditation Participants, and how the various Sacred Elements can be integrated into ones Meditative Experiences.

In my Personal Opinion, this is a Book that any Meditative Druid should have in their Library.